

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 340228

Course Name: 8th Grade Physical Education

Grade level: 8



Upon course completion students should be able to:

Standards

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Combinations of Movement Patterns and Skills

- 8.1.MP. Apply advanced movement concepts, principles, strategies and tactics when learning and performing physical activities.
- 8.1.MP. Demonstrate refined and combined motor skills in a variety of games and activities.
- 8.1.MP. Perform controlled movements incorporating strategy in game-like situations.

Manipulative Skills

- 8.1.MS1. Apply locomotor, non-locomotor and manipulative skills while using appropriate performance cues in game-like situations.

Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance

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Combinations of Movement Concepts

- 8.2.MC1. Demonstrate how movement concepts, principles and game strategies and critical elements of activity-specific movement skills represent skilled performance.
- 8.2.MC2. Demonstrate how motor skills and techniques are refined, combined and varied in specialized skilled performance.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge and Engagement

- 8.3.PA1. Evaluate the physical, social and mental/emotional benefits of being physically active.
- 8.3.PA2. Use available technology to self-monitor physical activity and adjust activities based on current fitness level.

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Physical Fitness Knowledge

- 8.3.PF1. Apply the FITT principle to prepare a personal workout based on current fitness goals.

Nutrition

- 8.3.N1. Describe the relationship between poor nutrition and health risk factors.

Stress Management

- 8.3.SM1. Explain how physical activity helps with stress reduction.

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- 8.4.SW1. Accept differences among classmates in physical development, maturation and varying skill levels by providing encouragement and positive feedback.

Rules and Etiquette

- 8.4.RE1. Demonstrate knowledge of rules and etiquette by self-officiating standard and modified physical activities.
- 8.4.RE2. Demonstrate cooperation skills by establishing rules and guidelines for resolving conflict.

Safety

- 8.4.SA1. Demonstrate knowledge of appropriate safety principles, rules and procedures in a variety of physical activities.

Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- 8.5.H1. Evaluate how personal physical, emotional/mental and social benefits gained from regular participation in physical activities support the goals of a healthy lifestyle.

Challenge

- 8.5.C1. Develop a plan of action when faced with individual challenges during physical activities that will contribute to a healthy lifestyle.

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Self-Expression and Enjoyment

- 8.5.SE1. Analyze the impact of intrinsic and extrinsic motivation levels when participating in physical activity.

Social Interaction

- 8.5.SI1. Demonstrate respect for self and others by asking for help and/or helping others in various activities

Advocacy

- 8.5.A1. Collaborate with others to advocate for individuals, families and schools to be physically active